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VA CLINIC ADOPTS NEW NAME TO FOSTER CHANGES IN PERCEPTION
New Name Highlights the Goal of Recovery

LEBANON – July 29, 2015

Lebanon VA Medical Center is changing the name of its Posttraumatic Stress Disorder (PTSD) Clinical Team to Traumatic Stress Recovery Program. The new title is intended to communicate that stress-related symptoms are a normal result of exposure to horrific or life-threatening situations and that recovery from traumatic stress, although sometimes delayed, may be achieved.

VA officials hope to reduce the stigma associated with receiving care for PTSD. Research suggests that many Veterans with PTSD are hesitant to try psychotherapy despite evidence of its effectiveness. The team uses evidence-based therapies and treatments which are shown to be effective through clinical trials, to address common symptoms such as reliving the traumatic event through dreams and memories, avoiding situations that are reminders, negative changes in beliefs and emotions, or feeling keyed-up or irritable at home or work.

The Traumatic Stress Recovery Program team is composed of psychiatrists, psychologists and clinical social workers-specializing in psychological assessment and treatment of Veterans presenting with stress-related symptoms after a traumatic event. The program also provides more intensive care for patients with complex conditions which require more frequent or specialized treatment, in addition to treatment for substance abuse. Lebanon Medical Center Director Robert W. Callahan, Jr. stated, “Those who have experienced the trauma of war or training for war deserve our enduring thanks and our resolve to assist them in finding peace and wholeness without any negative judgements or labels. The Traumatic Stress Recovery Program at Lebanon accomplishes this goal.”

Hospital officials explained that access to the full range of programs to help Veterans recovery from PTSD is initiated with a patient’s primary care provider.

Lebanon VA Medical Center is one of 152 medical centers across the United States which are dedicated to serving the unique needs of America’s Veterans. The VA is the largest health care system in the country, using state of the art technology to improve the health of Veterans from every generation. If you are Veteran, you may be eligible to receive care and benefits from the VA. To learn more, call 717-228-6000.

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